

Meta Quest 2

Metaverse Companion Guide

Meta Quest 2 is a head-mounted virtual reality headset designed to allow access to the Metaverse – an immersive, digital environment. It allows the user to engage in virtual face-to-face interactions with remotely located users via customized avatars.¹



Please follow the instructions given in this document for a safe and fun learning experience with this device.

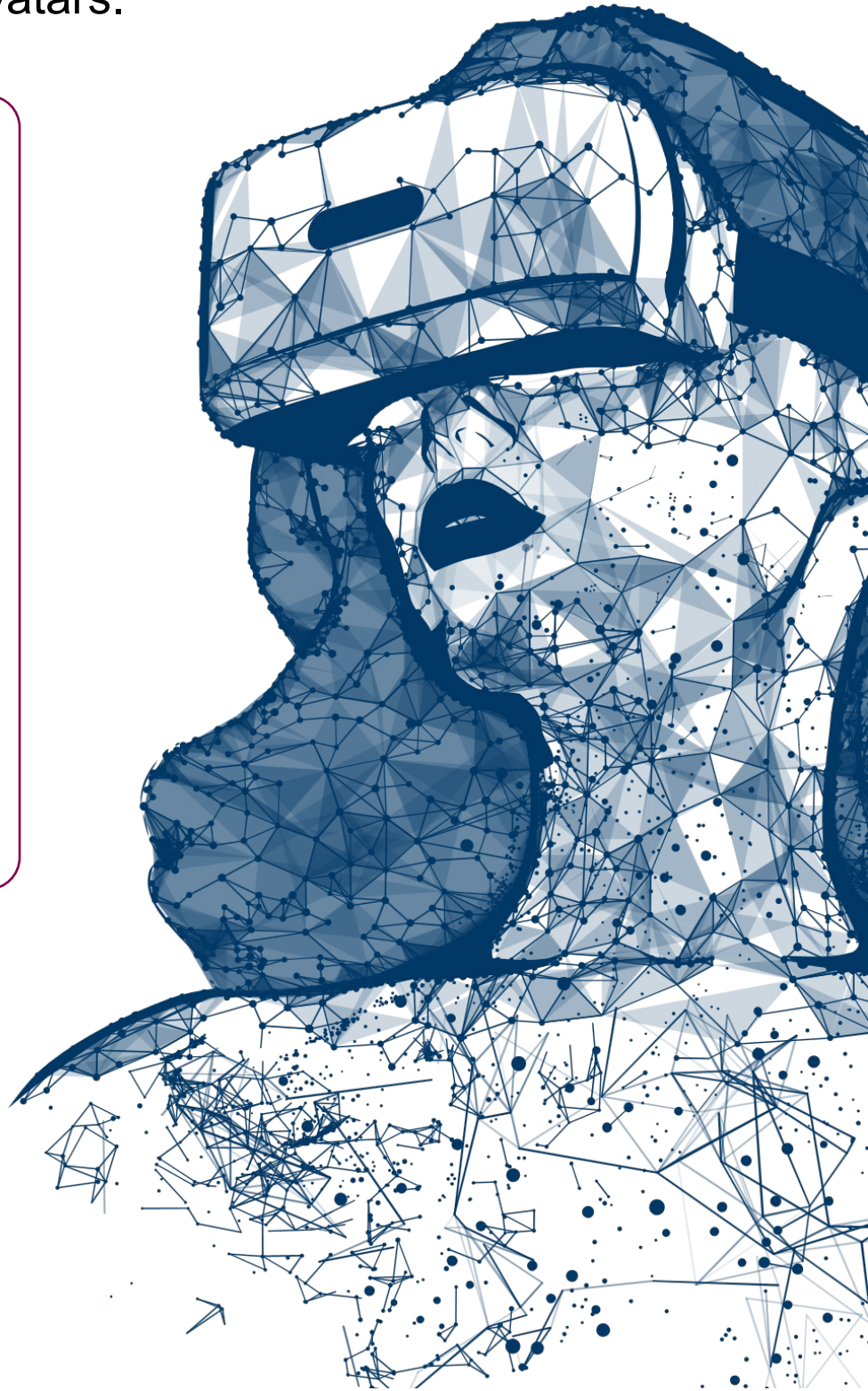


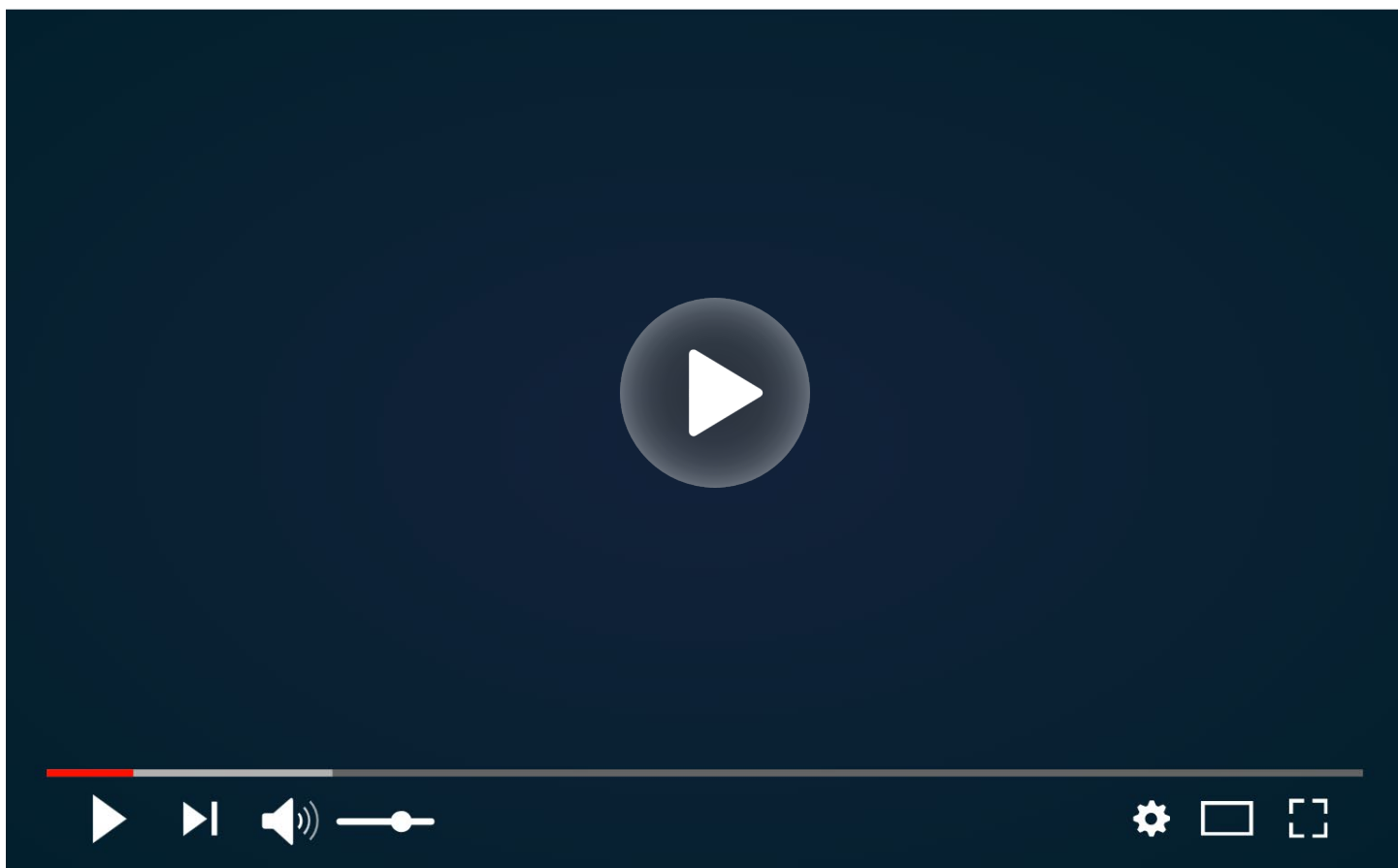
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Section I: Pre-flight video

To help you get started on how to operate Meta Quest 2 in a safe and effective manner, please click the link below to access the video.



Note to Liberty/Justin: The link to the pre-flight video is on google drive, not sure if we will be able to access the video from there via this pdf.



Section II: Getting Started with Meta Quest 2

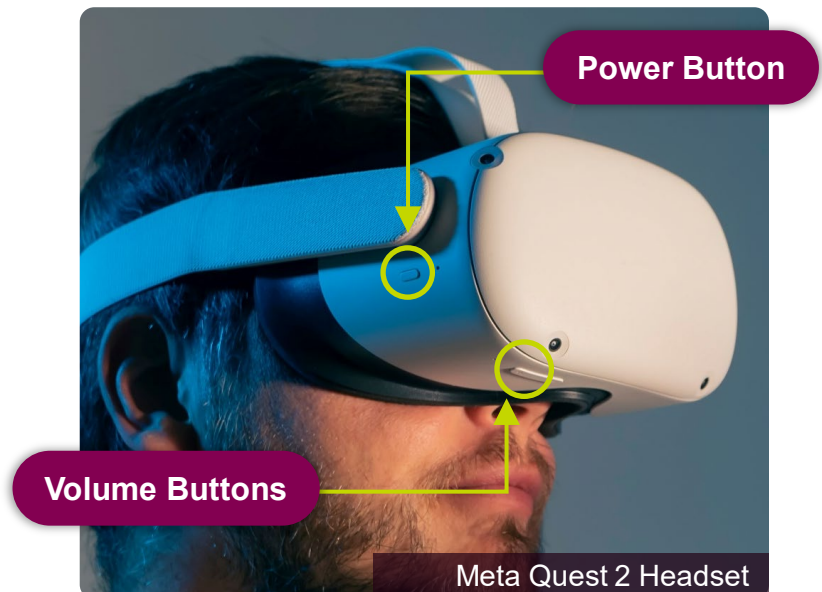
A. Powering Up and Account Setup for Meta Quest 2

1 Unbox and charge the headset²

- After you have taken your Meta Quest 2 headset and its accessories out of the box, you'll need to charge the headset
- Plug the charging cord into a power source and into the USB-C port on the left side of the headset
- The charging indicator will change from orange to green when the battery is fully charged

2 This headset has only 2 buttons – a power button on the right side (next to the charging indicator) and a long volume control button at the bottom

3 Turn on the headset by pressing the power button which will force on/off when pressed for 2 seconds



4 Connect the headset to the Wi-Fi network using the following steps²:

- Select **Settings** from the bottom toolbar menu and select **Wi-Fi**
- Select the Wi-Fi network that you'd like to connect to
- If prompted, enter the password for the Wi-Fi network that you'd like to connect to
- Select **Connect to the Wi-Fi network**

5 All first-time users of Meta Quest 2 are required to create a Meta account using an email address, Facebook account, or Instagram account. When you first put on your headset, you'll get a code that you can use to pair your headset with the Oculus mobile app. From there, you can continue with credentials used to create your meta account³



Section II: Getting Started with Meta Quest 2

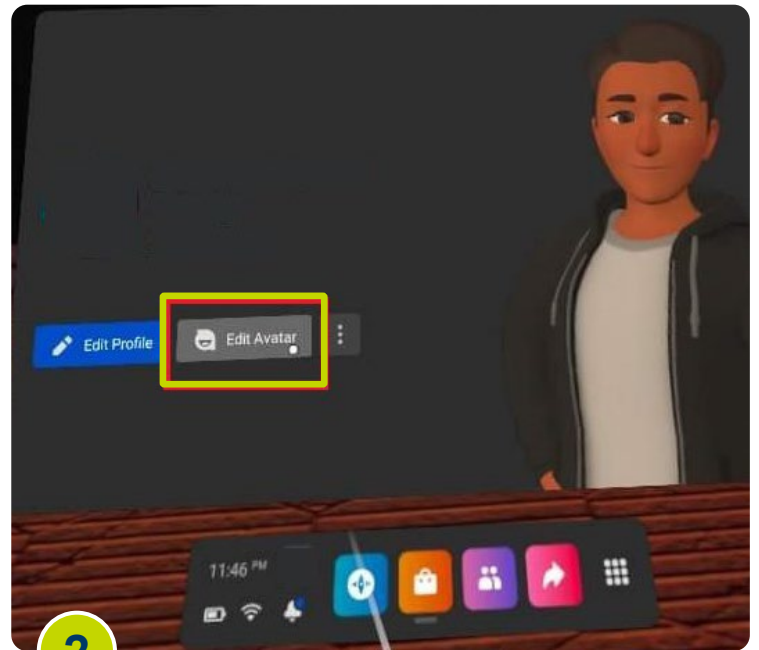
B. How to Create Your Own Avatar

Once you log in, the next step is to create your avatar.^{4,5}



1

To create your avatar, press the Meta Quest 2 button on your controller. In the toolbar, click the profile picture next to the status icons



2

If this is your first time creating an avatar, you will be presented with a generic avatar-on the profile page. Click **Edit Avatar** on the left side to start creating your avatar



3

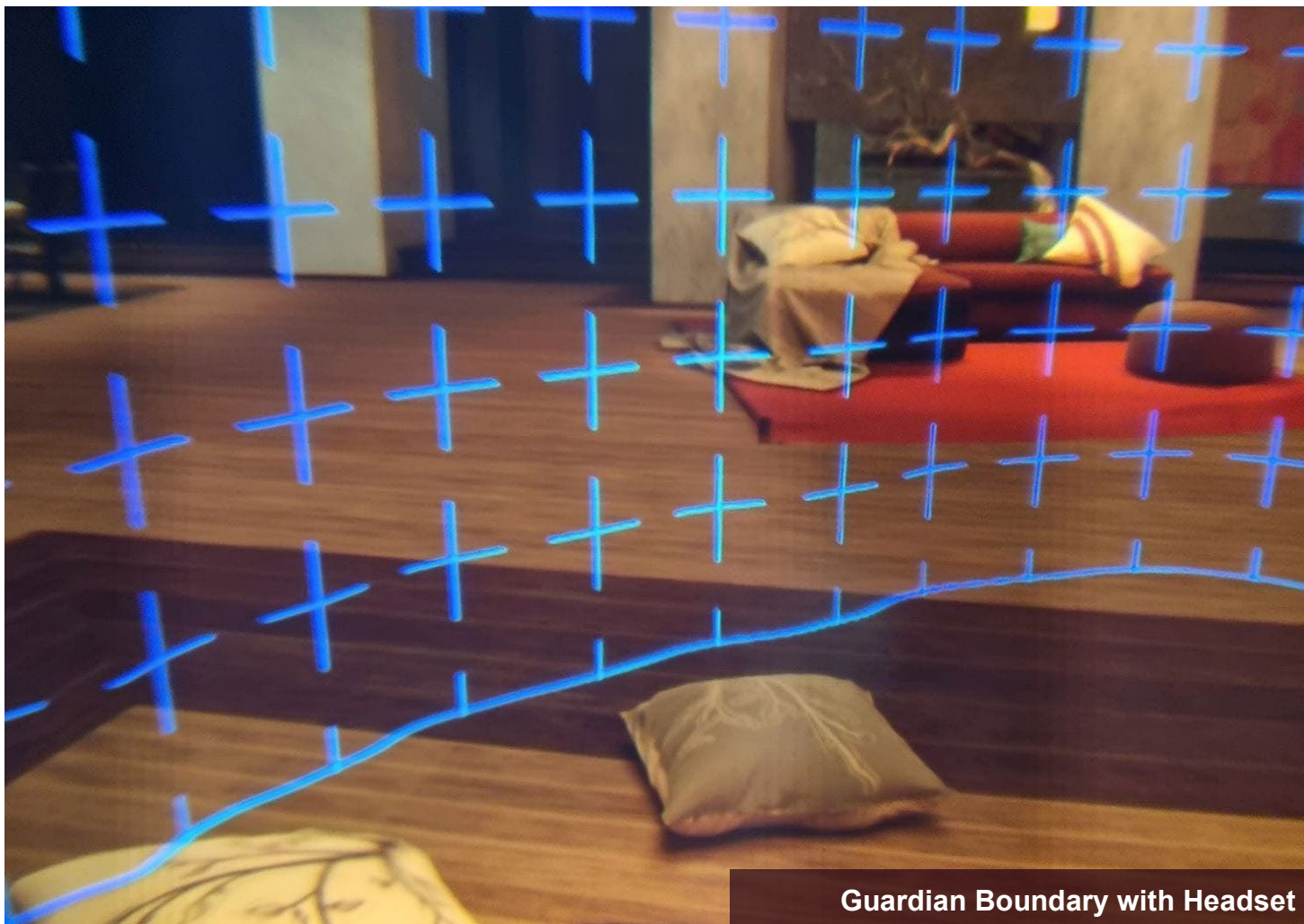
Go through and adjust all the avatar configuration options (body type, skin tone, hair, etc.).

Once you are done configuring your avatar, click **Save Avatar & Continue**



Section II: Getting Started with Meta Quest 2

C. Setting up the Guardian Boundary on Meta Quest 2



Through this device, you can simultaneously move around in the virtual and real worlds.

This requires setting up the **Guardian Boundary** to avoid injury or property damage. It's an important health and safety feature of the Meta Quest 2 headsets that enables you to create safe moving boundaries in virtual reality that appear when you get too close to the edge of your moving area as depicted in the image on the right.



Section II: Getting Started with Meta Quest 2

C. Setting up the Guardian Boundary on Meta Quest 2

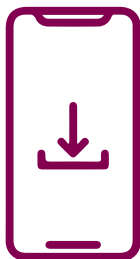
The steps for setting up the guardian boundary is as follows:²

- 1 Press the Meta Quest 2 button on your right controller to pull up the universal menu
- 2 Hover over the clock on the left side of the menu, hit the **Quick Settings** panel, and choose **Guardian**
- 3 Once you choose **Guardian**, you will get 2 options – **Stationary** and **Roomscale**
- 4 Select **Stationary** if you don't have a clear space or if you are using the headset for a virtual meeting where you won't physically move around
- 5 Select **Roomscale** if you want to move around, and make sure you have a safe and unobstructed area of at least 6.5 feet by 6.5 feet (2 meters by 2 meters)
- 6 Follow the on-screen instructions for drawing your Guardian boundary
 - While setting the guardian boundary, you will see a black and white version of your space
 - Using the controller, draw an outline of the floor space you need to stay within
 - By creating this boundary, you're sure to stay within that safe space that you have created

Now that you've created your avatar and set up a Guardian boundary, the next step is to pair the headset to the mobile phone for which you need to download the Meta Quest 2 app.

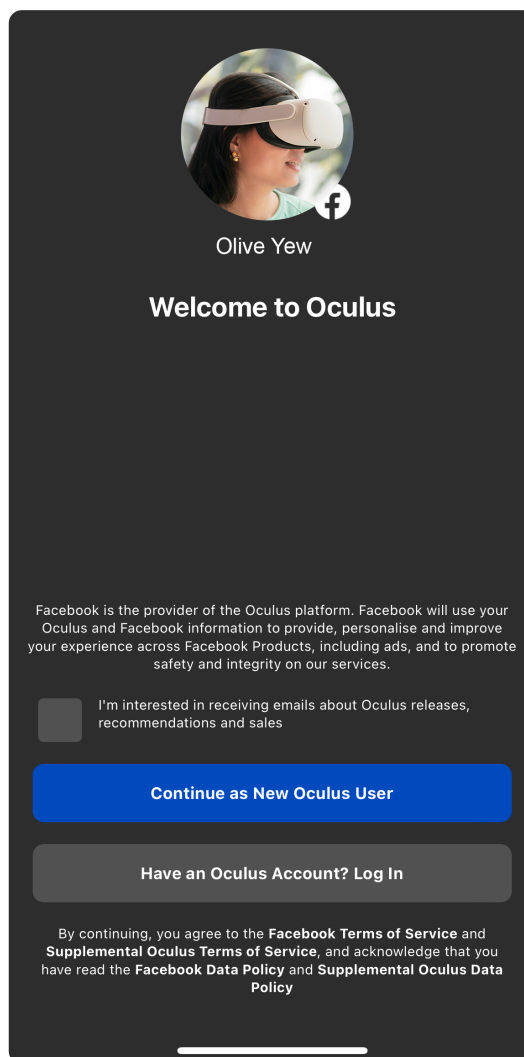
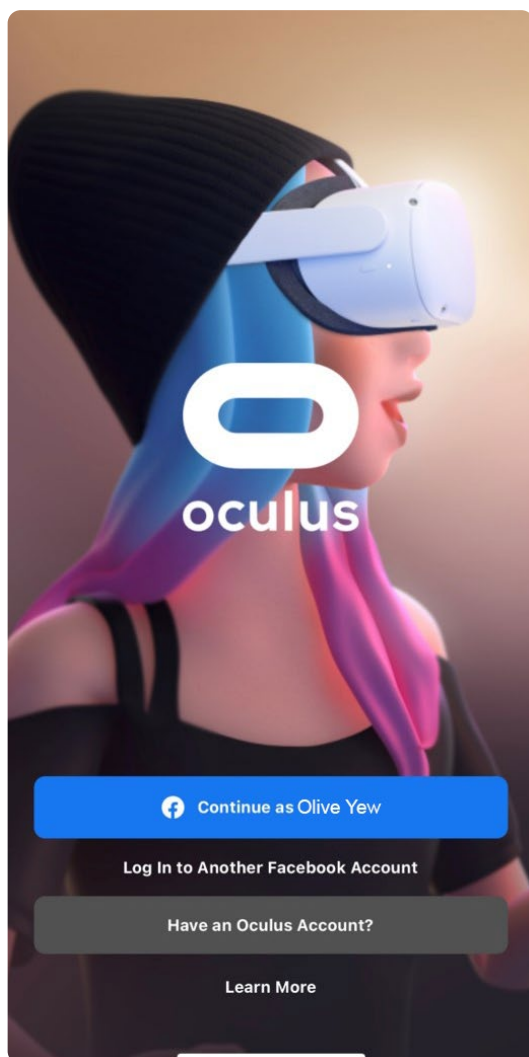


Section III: How to Download the Meta Quest 2 Mobile App



Download the Oculus Mobile App using a supported phone (iOS 10+ or Android 5.0+) from the Apple App Store or the Google Play Store and follow the on-screen instructions⁶

In order to use the Oculus Mobile App, the mobile phone must be connected to the Wi-Fi network and Bluetooth must be turned on⁶



Please note that installation of this app on any unsupported device may lead to issues while setting up the headset⁶



Section IV: Recommendations for the safe operation of the headset

Be Careful of the Real World²

- Clear your area of all furniture, children, pets, etc.
- Don't forget to check above you! Ceiling fans, low lamps, and the like should not be in your space



Take Breaks

- Make sure you take regular breaks as often as every 20 to 30 minutes
- If you experience motion sickness at any time, take the headset off and you should feel better



Avoid Sunlight Exposure with the Headset

- The headset should only be used in a closed space
- Keep the headset away from direct sunlight because it can cause permanent damage to the lenses



Meta Quest 2 with Glasses

If you wear glasses, be sure to comfortably position the headset on your face before adjusting the strap for a comfortable fit. A spacer for glasses does come in the box. Play with different configurations to make it work for you.





Section V: Frequently Asked Questions about Meta Quest 2

1. How long does Meta Quest 2 take to charge?

The Meta Quest 2 takes approximately 2.5 hours to be fully charged in case of a fully depleted battery.⁷

2. Is the headset bad for the eyes?

According to research by the American Academy of Ophthalmology, virtual reality headsets can cause eye strain, discomfort, fatigue, blurred vision, and migraines. But there's no evidence of long-term damage. Users are recommended to discontinue using the headset if they experience any eye discomfort. If eye strain and discomfort are persistent, please discontinue and consult with an eye doctor for a comprehensive eye exam.⁸

3. Can I download other apps for fun?

Please confirm with your IT department on your company's policies regarding the downloading and installing of apps.

4. Do users suffer from motion sickness?

Yes, you may experience motion sickness. To avoid that take regular breaks as often as every 20 to 30 minutes and remove the headset if you experience motion sickness..





Section VI: Learning Objectives and Benefits

Being a shared, interactive, and digital learning environment that is immersive and hyperrealistic, the metaverse is a superior method of virtual learning compared with e-learning modules, PDFs, videos, web-based synchronous meetings, and workshops.¹⁰

As a medium of instruction and learning, the metaverse confers the following benefits:

1

Enables (Forced) Focused Attention

The head-mounted headset enforces focused attention by the learner because it is fixed on the learner's face with no possibility of distractions. There is no checking of mobile phones, multitasking, being distracted by emails, or the many other things that learners may be distracted from, thus, facilitating greater retention and effective learning.

**2**

A Novel Learning Experience

Since this medium of learning is new and novel, it prompts the learner's brain to be on high alert to grasp as much information as possible and to truly engage with the material.





Section VI: Learning Objectives and Benefits

3 Connect with Peers

The social component in this platform encourages peers to interact, role-play, and share best practices that allows for verbalization and makes learning more impactful.

Use Case Scenario of Meta Quest 2: Role-play

Let's consider that there is a new class of sales representatives on board who need to be trained to interact with doctors about a new drug.

Normally, they undergo in-person training for a week, followed by some self-study, after which they come together to practice verbalization through role-play with a trainer/facilitator/peer.



By using the metaverse via the Meta Quest 2 headset, they will be able to access an immersive virtual doctor's office early and often during their learning. They could watch the facilitators show what the actual scenario looks like and then practice the same with their peers. As they learn a skill, they could go into this world, and immediately practice and apply it. Hence, they could reduce the difference between the way it feels to verbalize in a hotel conference room with their peers and the way it feels to verbalize with a doctor in their office.



Section VI: Learning Objectives and Benefits

4

Practice in a Real World Environment

It provides a safe and realistic place along with spatial audio that makes learners feel as though they are in an office setting. This allows them to practice their skills safely with their peers until they feel comfortable and confident to step into the actual field.

**5**

Practice Anytime, Anywhere

It saves time that is lost due to traveling and allows you to practice your skills at a time of your choosing. Learners also have the option to benefit from in-person interactions.





Section VII: AZ Policy on Meta Quest 2

- This device is strictly for official use only and not allowed for social networking or VR gaming
- Connect your Meta to a secure WiFi network¹¹
- Set up an unlock pattern and secure your Quest 2 with an extra layer of security to prevent others from accessing your device or saved passwords¹¹
- Minimize the amount of data shared with your Facebook account¹¹
- Set up your Facebook account's privacy settings¹¹
- Information involved in application services, which may be passed over public networks will be protected from fraudulent activity, contract disputes and unauthorized disclosure, and modification
- Modifications to software packages will be strictly change-controlled



Section VIII: References

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